

BABP'S

GREEN LIVING

MAGAZINE

Preview 2011

**Healing The Gulf
The BP Oil Spill
A Year Later**

**A Chat with
Richard Ellis,
Author of *On Thin Ice*,
About the Fate of
The Polar Bear**

**The Work of
Eco-Fashion
Designer & Artist
Luis Valenzuela**

**A Forest Reborn:
Restoring Kenya's
Kakamega Forest**

**Healthy & Delicious
Recipes, Organic
Wines, and
Indie Musicians
Go Green**

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As emerging markets develop and existing economies expand, demand for our Earth's limited resources increases, while greater stress is placed on our already fragile ecosystems. The very air we breathe, water we drink, and food we eat are compromised by the toxins and pollution we create, ironically, while trying to improve our quality of life. Build A Better Planet is committed to promoting sustainable living and environmental awareness.

At Build A Better Planet, we believe there is a better way. We believe that new resources could supply ample abundance for all. We believe that, by working with nature, rather than against it, we can all enjoy a higher standard of living.

We are dedicated to providing information about alternatives to the status quo, thereby, educating others and providing options which encourage sustainable living, growth, and development, so that we can all enjoy a brighter, healthier future for generations to come.

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Cover model: Heidi Haren in Galveston, Texas
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Richard Ellis is one of the foremost marine artists of our time. As an acclaimed marine biologist, Ellis has written numerous books. On Thin Ice tells the plight of the polar bear, as it struggles to survive in the face of melting sea ice and loss of habitat due to Global Warming.



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Healing the Gulf

By Soledad Haren

Recently, I spoke with Aaron Viles of Gulf Restoration Network, a 17 year-old, non-profit organization, based in New Orleans, with a mission to unite and empower people to protect and restore the Gulf of Mexico. Viles explained, “The Gulf has been threatened by a number of factors for decades, really. We’ve got major pollution issues in the Gulf of Mexico. . . [and] the Mississippi’s delta wetlands are disappearing at the rate of about a football field every hour, because of how we’ve managed the Mississippi River for flood control, what we’ve allowed oil companies to do by dredging thousands of miles of canals through the marsh.”

Over a year after BP,

like Bay Jimmy and Barataria Bay, are, still, showing the effects of the spill. Viles noted, “At the site of the Macondo Well blow out, we’re seeing oil show up . . . We want to make sure that people understand that just because the major media attention has moved on, doesn’t mean the oil disappeared. We’re still dealing with a recalcitrant BP. They seem to be willing to spend money on ads, but they seem less inclined, less likely, to spend money on clean up.” Now, there is a new threat to the Gulf: tar sands. Tar sands are found in Canada, but the proposed Keystone XL Pipeline would bring them to already hard-hit Gulf Coast communities for refining. One argument is that drilling and other methods of obtaining fossil fuels create jobs. Viles not-

ed, “There are communities in Louisiana, and, although they traditionally work in the oil industry, they’ve seen the downside of the oil disaster, and, you know, they would like to move us in a different direction. They would like to see jobs, but they would like them to be green energy jobs. They would like them to be costal restoration jobs. They don’t have to be oil company jobs.”

A move to green is needed: the oil in our waters has been disastrous for wildlife, killing countless number of marine species, as well as several species of birds; yet, the impact the petrochemicals have had on human health has been the subject of debate. Viles said, “The official line is that people weren’t affected by

the BP disaster, and breathing all the oil, and the disbursement, and the disbursed oil, that didn’t have much of an impact. You know, we have lots of people who say, ‘I am sick, and I’m pretty sure that it’s because of that!’ So, we’ve talked to lots of folks. There’s lots of antidotal evidence that shows that people are sick, and they weren’t before the disaster . . . BP hired contractors that weren’t focused on the public health considerations . . .”

Still, in spite of the setbacks, the residents of the Gulf Coast are fighting back to help heal their community and wetlands. The Restore Act, is bipartisan legislation that would take BP’s fines and penalties, and put it to work to

restore the wetlands of the Gulf of Mexico. Viles explains, “So, this is would take what could be a windfall of upto \$20 billion, and put the vast majority of that into restoration, both of the economy and of the ecosystem, of the Gulf of economy and of the ecosystem, of the Gulf of Mexico.” The other measure that many residents would like to see passed is the creation of a regional citizens advisory council. Please visit bpdriillingdisaster.org to send an e-mail, or healthygulf.org to learn about the work that Gulf Restoration Network is doing. You can make a difference!





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On A Forest Reborn

Every spring, Eco2Librium plants trees in a very special place for a very special purpose, and, in May, 2012, the Build A Better Planet film crew will be in tow, with screenwriter Carlton Lula, to document Eco2Librium's work, and memorialize the stories of the lives that have been changed, the villagers who have been empowered, and the rainforest that is being restored. Lula's film, A Forest Reborn, which will be directed by Jennifer Wager, shows how Eco2Librium is using carbon offset credits, which individuals, companies, and organizations can purchase to offset their carbon footprint, to partner with the people of the Kakamega Rainforest to find a way out of poverty by preserv-

ing the rainforest, rather than depleting it for timber or cattle grazing.

Eco2Librium has created a new source of income, wherein community members are paid to plant trees and maintain tree farms. The program, Forest Again, has enabled young girls, who once walked miles to collect timber, to go to school. Likewise, young boys, who once tended cattle, can now attend classes, thanks to a program of Zero Grazing, wherein livestock is raised on a given acreage, rather than clearing forest for grazing. Another program, Stoves for Life, has created jobs wherein local residents make stoves that do not require timber as fuel. The resulting economic growth has

created a market for eco-tourism, as well as, provided funding for health clinics, schools, and micro-lending programs.

FOREST AGAIN

By Mark Lung

Tropical rainforests are generally located amidst impoverished people who depend upon the forests for basic needs and a source of income. Any forest conservation effort must be aware of this relationship and address it. For as Abel Barasa, a Kenyan colleague, once said to me, "It is difficult to conserve on an empty stomach." What he meant was that we cannot ask women, for example, who collect and sell forest wood to think about the fate of forests when they

are struggling to feed their children. We must confront poverty and conservation in chorus, for wilderness will remain only if needs are met, and forests will endure only if they provide more resources in their conservation than in their exploitation.

"It is difficult to conserve on an empty stomach."

The words of Abel Barasa inspired the origins of Eco2Librium and its banner project, Forest Again. Eco2Librium's vision is a world in which the conservation of natural resources provides sound business opportunities and improves the livelihood of people. Forest Again is a

carbon offset project that does just that. In 2010, we planted 70,000 native trees to restore 175 acres of rainforest while providing over 300 jobs to the same people who threaten it. Our goal is to plant half a million trees, 1,250 acres of new rainforest, create 1,000 jobs for 40 years, and ensure the removal of 400,000 tons of carbon dioxide from the atmosphere. Remarkably, funds for projects like Forest Again come from individuals and organizations that purchase our carbon offsets as they join the global effort to address the challenge of climate change.

www.eco2librium.net



On Thin Ice: The Changing World Of The Polar Bear



Richard Ellis
Credit: Rick Edwards, American Museum of Natural History

By Soledad Haren

The largest and most ferocious member of the bear family is in terrible danger: the polar bear is losing its home. In his book, *On Thin Ice: the Changing World of the Polar Bear* (Knopf), Richard Ellis looks at the very real threats the polar bear faces.

As Global Warming causes sea ice to melt, the polar bears are forced to swim for miles, to the point of exhaustion, looking for ice floes or drown. The loss of habitat has reduced the polar bear's food supply, which is mostly seals. This has left many female bears without enough fat to nurse their cubs. With future generations of bears facing starvation, the polar bear could face

imminent extinction.

To make matters worse, several countries are implementing policies that will further threaten the bears' precarious existence. Greenland and Canada allow recreational sport hunting, but only Canada allows sport hunting by non-citizens. In fact, most polar bear trophies from Canada go to American hunters. In Russia, poaching continues to be a problem. Russian oil company Rosneft has formed a joint venture with Exxon-Mobil to drill for oil in the Arctic. The US Department of the Interior is considering Royal Dutch Shell's plans to drill off the Arctic coast of Alaska. In an interview with Richard Ellis, he explained that a potential oil

spill would be catastrophic. The sub-zero temperatures would make clean up extremely difficult, if not impossible. The financial costs for Arctic drilling are enormous and any oil to be derived from drilling in the Arctic would be negligible and years away. The Scottish company, Cairn Energy, which operated the Leiv Eiriksson rig off the coast of Greenland, has seen very poor results. The reckless damage to a delicate ecosystem could be great and irreversible, decimating the remaining population of polar bears.

Still, one must ask if it is too late to save the polar bear. Ellis' vision was not optimistic, but the town of Churchill, Manitoba, has seen a benefit from polar bears, and

is doing all it can to save them. Every summer, polar bears come to Churchill, as do tourists, to see them. The tourists stay in special Tundra Buggies, where you can get up close and personal with the bears, albeit from a safe distance. These measures have created the growth of a new eco-tourism industry that has brought a financial benefit to local business owners in Churchill. Definitely, stemming the tide of Global Warming by reducing our carbon footprints is one way to safeguard the polar bear's future. Perhaps, eco-tourism, a way to benefit a local economy by promoting the bears' well being, is another.

Richard Ellis is an acclaimed marine

biologist and artist whose work has been seen in museums from Australia to Italy, and throughout the US. He served as a member of the US delegation to the International Whaling Commission from 1980 – 1990. He has written 23 books. *On Thin Ice: the Changing World of the Polar Bear* is a Knopf publication.

Ellis is a research associate at the American Museum of Natural History. In 2012, he will serve as curator for a shark exhibit at the Museum of Art Fort Lauderdale.

The *Shark!* exhibit will run May 13 – Nov. 4, 2012. Museum of Art Fort Lauderdale 1 East Las Olas Blvd. Ft. Lauderdale, FL 33301 (954) 525-5500 www.moaf.org

Chef Ivette



©Marisol Aviles Mar y Sol Photography

What's so great about this recipe is the diversity that lends itself to planning a quick, but elegant meal. Picture it: in the summer, zucchini boats served along side a variety of appetizers like good 'ole pigs-in-a-blanket or newer hors d'oeuvres like lemongrass chicken dumplings at your beautiful backyard barbecue . . . looking scrumptious, surrounded by more colorful fruit platters of watermelon, cantaloupe, strawberries, grapes, and kiwi. Don't forget the mango sorbet!

I've served it many nights, with and without meat, along with a side of wild rice or garbanzo beans and quinoa. My thirteen year-old loves to join in the cooking process. It is definitely a dish that provides both a nutritional meal and an opportunity to cook alongside our favorite people – OUR CHILDREN!!

Ivette



©Marisol Aviles Mar y Sol Photography

SPICY ZUCCHINI BOATS

Shopping List

Zucchini Boats (4 large zucchini, cut length-wise)
Extra Virgin Olive Oil or Bacon drippings (1 tablespoon, add more if desired)
Spanish Onion (1 medium, diced)
Spicy, Sweet, or Garlic Chicken Sausage, Soy Chorizo, or any savory Sausage (12-16oz)
Garlic (2 cloves, crushed and minced)
Bread Crumbs (1/4 cup)
Parmesan Cheese (1/2 cup)
Plum Tomatoes (1 small, diced)

Garnish

Parmesan Cheese (to taste)
Cilantro

Procedure

- 1) Over medium-high heat, warm oil or fat rendering.
- 2) Add onions until translucent.
- 3) Spoon out zucchini, and save pulp. Set aside.
- 4) Add meat or meat substitute to onion mixture, along with garlic. Stir.
- 5) Cook for 8 minutes over medium heat.
- 6) Stir in bread crumbs, pulp, and parmesan cheese.
- 7) Continue stirring and cooking over medium heat for 5 minutes.
- 8) Fill boats and top with tomatoes and additional cheese.
- 9) Broil at 300 for 10-15 minutes.
- 10) Serve in half or quartered pieces, topped with cilantro, along side white/brown/wild rice, and, perhaps, avocado slices!

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Sommelier Luzy



Lets talk about organic wine. Do we really know what “organic wine” means? There are natural wines, organic wines, and biodynamic wines. In sustainable agriculture, wine is made with organic grapes, using an organic process, so that it can be certified “organic.”

To be certified “organic,” winemakers cannot use chemical herbicides, fungicides, pesticides, or fertilizers. Chemicals destroy the “terrorir”

uniqueness, and because the grapevine’s roots absorb them, they get into the grapes, and, ultimately the wine. Organic winemakers use vegetable compost and dung. Another way to keep the vines from contracting disease, is to allow weeds or to plant legumes, which increase the soil’s nitrogen level. Poppies and wild flowers allowed to grow between the vines provide food to the animals or insects, keeping them away from the grapes.

Also, the short plants’ roots stress the vines, forcing them to try to get all of the soil’s nutrients, thereby, producing grapes that are full of flavor.

The harvest must be manual and the yeasts must be wild.

In the winemaking process, there are not many differences between an organic process and a non-organic process. To be certified “organic,” wineries will avoid using chemical yeasts and added sulphites. Instead, the stabilization must be achieved by temperature control and the clarification must be achieved with natural proteins.

The benefits of drinking organic wine are that our body is processing something pure and chemical-free. Sustainable farming is easy on the environment. Of course, major benefits

of wine, particularly red wine, are that it decreases cholesterol levels, and contains antioxidants.

To enjoy Chef Ivette’s Zucchini Boats, I recommend the medium-bodied Chilean Cabernet Sauvignon by Adobe Reserva Emiliana of Vinedos Orgánicos Emiliana, made from organic grapes from the Colchagua Valley in Chile. Alvaro Espinoza was one of the first winemakers to introduce biodynamics to South America, and Vinedos Orgánicos Emiliana is one of the few wineries in Chile to use biodynamic methods.

Adobe’s Cabernet Sauvignon is ruby

red, deep, and brilliant in color. It has a medium aromatic intensity, and ordinary smell complex. Its bouquet is spicy and fruity, peppery, with some red berry notes and a hint of vanilla. It’s dry, non-tannic, warm, and light. It’s an easy-drinking wine, with a short after taste. You can, also, enjoy it with cheese or a grilled churasco steak!

Welcome to the World of Organic Wine!



Luzy

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LUIS VALENZUELA: BLENDING ART & FASHION

By Soledad Haren

“There is no green design, only good design,” says Luis Valenzuela, as we sip cocktails at his North Miami home. Still, Valenzuela is as green as one can get. We stroll through his beautiful gardens, and he shows me the mangroves, which he has silk-screened onto many of his designs. Valenzuela, who hails from Caracas, is a firm believer in the Zero Waste movement. He shows me his chandeliers, which he made from spoons. As we enter his home, I take a peek at Valenzuela’s collection: dresses made from silk lampshades, some accented with Swarovski crystals.

Valenzuela’s work has been featured at the Kennedy Center and at the Chelsea Art Museum. I had the chance to see Valenzuela’s work on exhibit at The Albion Hotel in South Beach during the first EcoArtFashion Week. EcoArtFashion Week, the concept of harmoniously blending art and fashion with respect for the environment, was created by Luis Valenzuela. EcoArtFashion Week coincides with Art Basel in early December, and is becoming a South Florida tradition. With art exhibits, workshops on fashion and food, and fashion shows, EcoArtFashion Week has events for the whole family. Valenzuela works with students

to promote eco-awareness among a new generation of designers. He stresses the principles of reduce, reuse, and recycle, often using his work as examples of how everything can have a second life. The Luis Valenzuela Collection at The Albion Hotel featured dresses made from footballs and fire hoses, recycled into wearable art.

The Luis Valenzuela Collection premiered at The Green Shows during New York City Fashion Week in the fall of 2010. The designs are feminine, with soft gauze and delicate silk, all enjoying a second life as *haute couture*. Elegant designs, inspired by nature, like Valenzu-

ela’s tarantula wrap, evoke a romantic era with crystal corsets and wedding dresses. Layers of recycled fabrics, cascading around beautiful models, bring to life a new concept in fashion design: Upcycling. Valenzuela explains that “green” doesn’t have to mean “hippie.” When it comes to *haute couture*, “green” clothing is notably missing. By encompassing glamour, Valenzuela is re-defining “eco-friendly clothing.” His work proves that “green” can be sophisticated and stylish. Valenzuela, a pioneer in Upcycling, is a breath of fresh air in the fashion world. Luis Valenzuela brings the flair of Paris and Milan to the eco-world, with

an eye for beauty like no other.

EcoArtFashion Week™ 2010 was such a success, that this year, EcoArtFashion Week™ 2011 will expand to 3 locations, including 2 new venues, to accommodate all of the planned events!

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ELYSE HAREN

Elyse Haren is the lead singer of Elyse and the Aftermath, a four-piece band based in Los Angeles. Elyse and the Aftermath is a classic rock band, influenced by the great rock acts of the 1980s and 90s, which has become a mainstay at SXSW, held every year in Austin. Elyse, a pianist and guitarist, is a powerful vocalist, reminiscent of Aimee Mann and Annie Lennox. The band members share

passionate green beliefs, and opted to package their CD in bio-degradable cardboard sleeves. This year, Elyse and the Aftermath partnered with the Keep A Breast Foundation in a charity campaign. Keep A Breast is a California-based organization that promotes breast cancer research, education, and prevention. Their single, "Novocaine", from their new EP is now available on iTunes.

www.elyseandtheaftermath.com

INDIE BEATS

By Nicole Solomon



www.alejandrahuitron.com

As one of Mexico's rising pop stars, Alejandra Huitron certainly expresses herself. She supports a number of organizations fighting for social and ecological justice. She, recently, contributed the theme song for Epoca Verde. Her self-titled album is out now.

ALEJANDRA HUITRÓN



Miami's Kayakman melds disparate genres into irresistible alternative rock that has won the group local accolades and a devoted following. The single, "Tourist God", is a glorious slice of surfy fusion. Their album, Let's Go The Fellas (Vamo Lo Muchacho) is on iTunes.

www.kayakmanband.com
www.myspace.com/kayakman

KAYAKMAN



Crystal Celebrity is a singer and songwriter in the UK. She wrote and performed the *Green Living* theme song. She stated, "... it's a very great concept." Her single, "Bye Bye", can be downloaded on iTunes.

www.myspace.com/CrystalCelebrityOfficial
www.crystalcelebrity.blogspot.com

CRYSTAL CELEBRITY



www.konakkol.com
www.pashasdream.com

Pasha's Dream are Satish and Lee Boice who, together, form a perfect blend of Indian Classical Fusion. Pasha's Dream evolved from Indo-funk, an Indian funk band that played in New York until 2005. "My entire attitude," says Satish, "is tread upon the world lightly."

PASHA'S DREAM

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